

Important!

Spring MOVE! Schedule for Weight Management Group Visits 2010 Portland

We meet 3
times a
month!

If you have questions about the MOVE! Program you can contact us at (503) 220-3482
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Tuesday	Thursday
<u>March 2010</u> Tu 3/2 or Th 3/4	What is in your food?	Nutrition	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 3/9 or Th 3/11	Introduction to the Benefits of Exercise	Physical Activity	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 3/16 or Th 3/18	Getting and Staying Motivated	Behavior	1pm to 3pm 101-201	9:30am to 11:30am 101-201
<u>April 2010</u> Tu 4/6 or Th 4/8	Trim the Fat	Nutrition	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 4/13 or Th 4/15	Strength, Balance and Flexibility	Physical Activity	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 4/20 or Th 4/22	Handling and Reducing Stress	Behavior	1pm to 3pm 101-201	9:30am to 11:30am 101-201
<u>May 2010</u> Tu 5/4 or Th 5/6	Sweets, Snacks and Hydration	Nutrition	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 5/11 or Th 5/13	Wild Card???	Top Secret	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 5/18 or Th 5/20	Self-Control and Impulse Control	Behavior	1pm to 3pm 101-201	9:30am to 11:30am 101-201